

KLAH-CHE-MIN

A P U B L I C A T I O N O F T H E S Q U A X I N I S L A N D T R I B E

FEBRUARY 2014

dibəł ti ɬacaciłtalbixʷ gʷəł ti xʷəłč yəxʷ ti stul̓tuləkʷ yəxʷ ti cal̓caləł.

COMPLIMENTARY

Tribal Members Make a Splash at 6th Annual Salish Sea Plunge

Joe Peters - Happy New Year! The 6th Annual Salish Sea Plunge occurred at 11:05 a.m. January 1st, 2014 at Arcadia Boat Ramp in Mason County, Washington.

Thirty-two brave swimmers (25 in 2013) and 3 dogs took the plunge into the balmy, 40-degree Pickering Passage.



Continued on Page 6

Little Creek Casino Resort Presents the 6th Annual **SA'HEH'WA'MISH DAYS**

February 15th & 16th, 2014 • Skookum Creek Event Center
Grand Entry Times • Saturday 1PM & 7PM • Sunday at 1 PM

EVERYONE WELCOME!

Dance Competitions-Prize Money for 1st, 2nd & 3rd Place

- 7-12 Boys/Girls, 13-17 Boys/Girls, 18-38 Men/Women
- 39-59 Men/Women, 60+ Golden Age Men/Women
- Chicken Dance: Ages 7-12, 13-17, 18-59

Drum Contest

- 1st Place \$5,000 • 2nd Place \$4,000 • 3rd Place \$3,000

Committee Specials:

- Wallahee Special "Brothers Competition"
- Hand Drum, Dance, Big Drum
- Other Specials TBA

Head Woman Dancer - Urseloria Kanuho (Dine-Tuba City, AZ)

Head Man Dancer - Isaiah Bob (Navajo-Yatahey, NM)

Master of Ceremony - Ray Fryberg (Tulalip) &
Frank "Sonny" EagleSpeaker (Kainai)

Arena Director - Casey Mac Wallahee (Yakama)

Sponsored by:



All proceeds benefit the Squaxin Island Museum. This is a drug and alcohol-free event!
For reservations call: 1-800-667-7711 or 360-427-7711
91 W. State Route 108, Shelton, WA 98584

Great News for local voters!

Official ballot drop boxes will be installed at the Kamilche fire department, 3660 SE Old Olympic Highway, the week of January 21st. This drive-thru drop box will be available for the Kamilche and surrounding community.

Squaxin Island Community Members



Mark your calendars:

February 20th

SQUAXIN ISLAND GYM

1:00 p.m. to 6:00 p.m.

Come by to check out available employment opportunities with:

- Little Creek Casino Resort
- Tribal Government and
- Island Enterprises Inc.



ISLAND ENTERPRISES INC
Weaving a strong business foundation for the
Squaxin Island Tribe's future.



Staff will be present to answer questions, assist with applications or accept resumes from community members. Those interested in pursuing a career with the various entities of the Squaxin Island Tribe are encouraged to attend.

Additional information will be available through the community mailouts.

For more information, please contact:

Astrid Poste
(360) 432-3865
aposte@squaxin.us





SQUAXIN ISLAND TRIBE ELECTIONS / IEI



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577
www.squaxinisland.org



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:
DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
RAY PETERS: 1st Council Member
JIM PETERS: 2nd Council Member
VINCE HENRY: 3rd Council Member

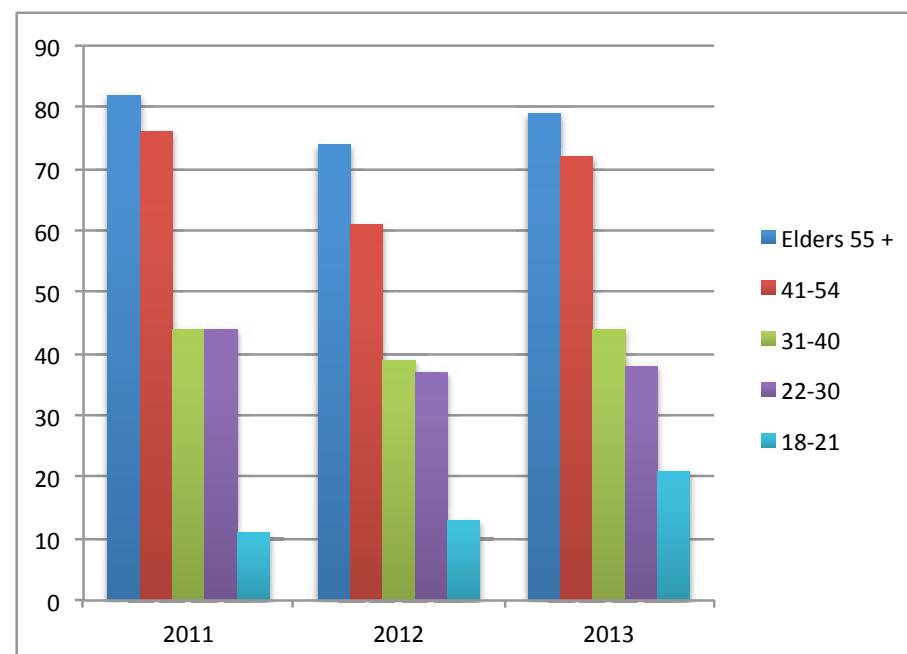
Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us

K L A H - C H E - M I N



Your **VOTE** is Your **VOICE**

Who Turns Out to Vote?



What Voting Can Do for Our Tribe

Each and *every* one of us has a responsibility to be active in tribal government, because we are all a part of and contribute to our tribal community.

Voting gives voice to each member and makes them - not only part of the community - but part of the government . . . part of the leadership.

Policies, procedures, budgets, goals, plans for the future . . . all these things are made by the elected officials *we* put in office. And these policies effect each and every tribal member.

Our government represents us. Tribal Council members and staff are employed by us . . . by you and by me.

JFK once said, "Ask not what your country can do for you, but what you can do for your country."

Let's not ask, "what my tribe can do for me, but *what I can do for my tribe.*"

We have a duty now and we have a duty to the future to ensure we leave the world a better place for our children and our children's children for generations to come.

We *must all* be part of that *very important* process!!!

Mark your calendar! May 3rd 2014!

General Body elections!

See you there!

Business Center

Update

Stephanie James

The New Year is off to a great start. Some exciting changes and endless possibilities are what is in store for the business center in 2014. To begin with, there was some shuffling of offices and as a result the TBC (in addition to) Entrepreneurial Support, is now home to Property Management and the IEI Marketing Team.

Looking forward into 2014 is exciting. The idea is to pick up momentum and community interest in business center activities. Offer consistency and prioritize the needs of the entrepreneurs/community so that the business center can provide assistance and allow for growth throughout the coming years. On the priority list is offering bi-annual or quarterly financial literacy classes/trainings with a special focus on tribal youth. The idea being to offer trainings in the areas of bank accounts, investments, budgeting and managing personal finances. Something they could attend prior to receiving their trust funds from the tribe. So stay tuned for more info as we pull it all together.

Ta-Qwo-Ma Business Center is normally open Monday-Friday from 8:30 am -5:00 pm. Because I also "wear another hat" which is property management, appointments for business related assistance is recommended. That said, stop in and see us. We look forward to a happy, productive 2014.

Ta-Qwo-Ma
Business Center
nurturing tribal entrepreneurs



Native Business: Business Lifecycle

Understanding business lifecycles is critical to assessing a business's ability to succeed and tactics necessary to compete. Industries, products, and businesses evolve through four stages: introduction, growth, mature, and decline. Characteristics of the introductory stage are few competitors, companies market product features, the market is limited and sales are modest, and companies struggle to make a profit as a market materializes. During the growth stage a product gains market acceptance causing sales to increase rapidly, competitors enter the market, and companies begin to create economies of scale. Within the mature stage industry sales continue to grow but at a slower pace, new entrants are still attracted to the industry, competitors focus on gaining market share but usually through consolidation, a few dominant players emerge, and consumers become price sensitive. Characteristics of the declining stage are demand for the product wanes, industry sales decline, companies focus on expense reduction to increase profit, and some companies fail when sales can no longer cover fixed costs or when the company lowers prices.

Innovation plays an important role in how well a company adapts to changing lifecycle stages. Competitive forces from entrance of new competitors, bargaining power of customers and suppliers, threat of substitute products, and competitive rivalries challenge an organization's survival.

Tribes and Tribal members are usually in businesses that are in the mature stage. There is room to make profit as management and leadership work together to attract customers and deliver products or services in a more efficient manner. Sometimes resources are available to help a tribe compete in the marketplace –like the Tribal C-Store Summit Group (TCSSG). TCSSG is a tribally sponsored non-profit organization created to share best practices, educate workforce, and leverage collective bargaining power in the convenience store industry. The group began in 2009 as a small organization supported by Squaxin Island and Puyallup Tribes and has transitioned into a 30+ member group with aspirations of a national footprint.

Working together is important because Tribes as a proportion of the overall fuel and convenience store industry are small and do not have the same buying power as brands like Chevron, Shell, Costco, Safeway, or Fred Meyer but by working together we can provide career opportunities for our people and attract promotions that excite and provide value to our customers.

Jim Stanley is a tribal member of the Quinault Nation, Treasurer of the Tribal C-Store Summit Group, and Chairman of the Quinault Nation Enterprise Board. To contact Jim for comments, go to JimStanley.biz.

WHY PAY FOR SOMETHING YOU CAN GET FOR FREE?

Squaxin Island Free Tax Preparation Site
(Basic returns)
Administration Bldg.
February 4- April 15
4:30 p.m. - 7:30 p.m.
By appointment only
Contact Lisa Peters to schedule an appointment 432-3871
This site offers Prepaid Visa Debit Cards for your tax refund.

Sponsored by SIT – Office of Housing



ISLAND ENTERPRISES INC

Weaving a strong business foundation for the Squaxin Island Tribe's future.

Island Enterprises Position in the Business Lifecycle

Jim Stanley's article (Native Business: Business Lifecycle) outlines some stages of the business lifecycle. So where does Island Enterprises fall in that cycle? The answer is a little complicated, because the IEI companies are in both the mature and growth stages. How can that be?

Take Salish Seafoods, for example. The company has been around for decades, with a slow pace of growth in sales, and lots of competition in a well-established market. That's typical of a mature business. But, the company is also in a period of innovation, working to improve aquaculture methods and fairly new to geoduck aquaculture. It's also branding and marketing its oysters better, differentiating them from competitors on the basis of higher quality and taste.

Kamilche Trading Post can be seen as being mature, but also edging on decline with significant changes in the fuel, liquor and smoking landscape. Cigarette sales have been impacted because smoking rates have fallen and because of the increasing popularity of alternatives like roll-your-own and electronic cigarettes. KTP has also been hit with the effects of the liquor privatization initiative and increased pressure on the fuel market with the growth of hyper marketers like Costco, Safeway, and Walmart. But this company is also in the growth stage because of steps their managers have taken to identify new products and keep things fresh for their customers. KTP is updating its deli, and planning to roll out a new customer loyalty program this Spring. Along with other store improvements and a new focus on excellent customer service, this will keep the store fresh and has already resulted in KTP being voted **Best** by Mason County Journal readers. Finally, the addition of the Steamboat Trading Post builds the retail store family as a brand that can be recognized in both Mason and Thurston counties.

Skookum Creek Tobacco can be seen as being mature, but also edging on decline due to a decrease in smoking rates and an increase in smoking alternatives. While sales to tribal stores in Washington are fairly mature, there's still room for growth in that market, and Skookum Creek is working to attract new tribal customers in other states and non-tribal customers here in Washington. With a focus on product innovation, Skookum Creek will be introducing an exciting redesign of the Premis packaging next month, and with a new marketing campaign, will be focusing on product awareness and the quality and value that all their brands provide. By Skookum focusing on its great employees, the quality of its products, and its sales and marketing initiatives, they continue to see a steady return on investment and more opportunities opening up for growth. The tobacco business is tough, but they are positioned to perform for the long haul.

In this mature phase, growth is slower for the IEI companies, but there is still plenty of new opportunity ahead. Our team is working to strengthen all of our businesses for today and pursue growth for tomorrow!



Council Corner: December Meetings

LEGAL

Tribal Council approved the Washington State Patrol Live-Scan to Western Identification Network Automated Fingerprint ID Network Connection. This system is capable of matching and storing fingerprints and maintains a criminal history record based on fingerprint ID. Participation in this network allows the user to operate fingerprinting equipment and related information.

The University of Washington (UW) has a free entrepreneurial clinic and will be working with Legal to copyright the Squaxin Island logo.

Tribal Council approved a joint study between Squaxin Island Tribe and UW. Tribal members who shellfish are being interviewed to find indicators of the wellbeing and overall health of Puget Sound. The agreement with the UW mandates culturally sensitive information be taken out of the final report; the Tribe then will determine how and what is used and shared. Legal has reviewed and approved the agreement. There is no financial responsibility for the Tribe. The Tribe will own any information gathered.

Tribal Council approved Resolution #13-92 which adopts the Civil Trespass Code. This code provides a means for the Tribe to protect its property and the property of those living here from theft, vandalism and other harm and from people whose presence is harmful or threatening. This includes the casino, and authorizes the Squaxin Island police department to ticket non-members who trespass on LCCR property and tribal lands.

LITTLE CREEK CASINO RESORT

Casino CEO, Michael Starr, introduced the new Marketing Director for the casino, Michael Bonakdar, and reported that business has been good, but said he plans to work with the tourism department on creating a greater presence in the Olympia area.

TRIBAL ADMINISTRATOR UPDATE

Kathy Block, Director of Tribal Operations, announced a final policy for the cemetery and funerals should be completed by the end of February. The committee working on this policy would like to provide standard headstone for families to choose from, if they want. The committee would like to offer this as part of tribal funeral assistance to families. It would be a flat piece of granite with the name and date engraved, similar to what is at the Shelton Cemetery. The cost is approximately \$130. Families that

Talking Circle with Tribal Council

Monday,
February 10, 2014
5:00 p.m.
Community Kitchen

Dinner will be served at 6:30 p.m.

*If you have any questions, feel free to call
the Tribal Center at 426-9781*

wish to do something different on their own, can do so and the Tribe will assist financially up to \$130. Anything above will be the responsibility of the family.

The funeral policy and procedures has been streamlined. Links to this policy will be added to the Tribe's website and it will be shared at community events.

DEPARTMENT OF INFORMATION SERVICES

Director Mitzie Whitener sought support for community surplus of digital equipment (computers mainly). She would like to look at administering the program through Family Services. Tribal Administrator Don Whitener suggested an operating plan showing the cost.

TRIBAL LIAISON

Tribal Council discussed having a facilitator to help create some structure to General Body meetings. Don Whitener suggested a time limit for individuals who would like to speak; that way everyone has an opportunity to share their thoughts.

ENROLLMENT

Resolutions to enroll Leilani Georgia Blueback and Ariah Hazel George were approved.

FAMILY SERVICES

Vicki Kruger provided a draft policy for General Assistance (GA). She is working on moving GA from the Portland BIA to Squaxin. Council will review the policy and vote at a later meeting.

FREE LEGAL HELP FOR LOW-INCOME NATIVE AMERICANS AND ALASKA NATIVES

The Northwest Justice Project's Native American Unit provides free civil (non-criminal) legal services for people who cannot afford a lawyer in Washington. Our services range from limited assistance to full representation depending on the legal issue and individual circumstances. We provide legal assistance in following areas:

- Domestic Violence
- Indian Child Welfare Act
- Trust Property and Housing
- Education: Discipline, Discrimination and Special Education
- Wills and BIA Probates
- Employment: Discipline and Termination
- Health Care
- Public Benefits including food stamps, TANF and SSI
- Issues in Tribal Court

To find out if we can help you, **call Northwest Justice Project's toll-free hotline ("CLEAR") at 1-888-201-2014 and press 5** to leave a message for the Native American Unit. You can leave a message 24 hours a day, 7 days a week and the NAU will return your call within 2 business days. **The best time to call is before 9:00 a.m. and after 12:30 p.m.**

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 13 offices in Washington State that provides free civil legal services to low-income people. NJP's mission is to secure justice through high quality legal advocacy that promotes the long-term well-being of low-income individuals, families, and communities.



Annual General Body Meeting May 3, 2014

Little Creek Events Center

**Sign in starts at 8:30 a.m.
Lunch will be served at noon**

**Elections will be held for:
Tribal Council Chairman
Tribal Council Member #1
Tribal Council Member #2**

**Per Tribal Council, the General Body Meeting
is for TRIBAL MEMBERS & SPOUSES ONLY.
Enrollment will be checked at the door.**

For more information contact the tribal center at 360-426-9781



Squaxin Island Tribe donates over \$600,000 to local community

The Squaxin Island Tribe donated over \$600,000 to over 100 local non-profit organizations in 2013.

One of the larger contributions was made to the Shelton School District for \$50,000. Shelton schools suffered major cuts to essential programs and the Tribe wanted to see them continue. These programs include the 5th grade outdoor school program and the high school sports program.

Another significant donation of \$10,000 was made to Turning Point Domestic Violence Program, in Shelton. Turning Point provides safety and support services to domestic violence survivors and their families. The Tribe feels this program is essential for the community and woefully underfunded.

A few of the other major recipients include Puget Sound Senior Games, Rez Animal Resource Center, The Crisis Clinic of Thurston & Mason County, Harmony Hill Retreat Center, YWCA of Olympia, South Sound Estuary Association, MorningSide, Olympia Farmers Market, Habitat for Humanity, Mason General Hospital Foundation, Puget Sound Blood Center and Mason County Search & Rescue.

For a more detailed list of grant recipients and information about the program, please visit www.squaxinisland.org



We have the newest, and one of the largest, non-smoking, full-service gaming facilities in the northwest! Some of our recent improvements include:

5,300 Additional Square Feet ♦ Additional Table Games
 Full Service Bar ♦ Remodeled Water's Edge Cafe
 100 New Slot Machines ♦ Espresso Stand



Salish Sea Plunge

Continued from page 1

The weather was very foggy and air temp was a bit cooler at 39-degrees.

Jim Peters was the first ever Tribal Council member to take a swim in the six year history of the Salish Sea Plunge.

Our swimmers donated 92 food items and \$72 toward purchase of food for the Squaxin Island Community Food Bank. Thank you all who participated and donated.

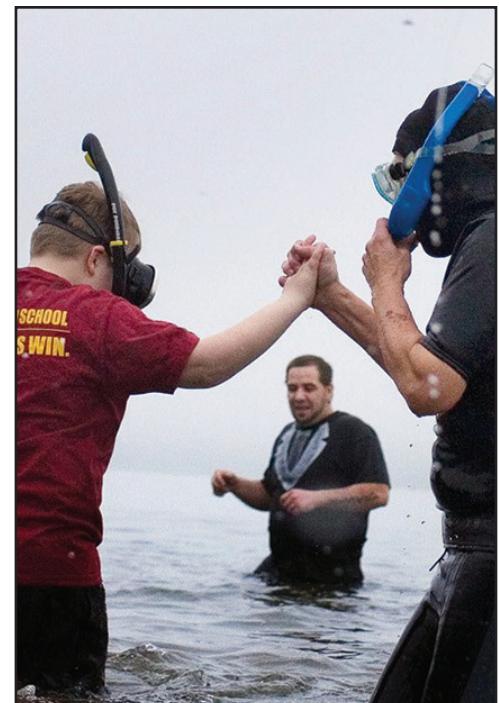
Mason County Journal

Thursday, Jan. 9, 2014 - Week 2 - The Voice of Mason County since 1886 — \$1

A New Year's Day plunge



Event organizer Joe Peters, left, splashes Chazmin Peters at the Squaxin Community Salish Sea Plunge. The annual plunge attracted more than two dozen people, many in costume, to the frigid waters of Pickering Passage on New Year's Day. See more photos on pages 10 and 11.



Tribal members make connection with U.S.S. Stennis personnel



A small group of Squaxin Island Tribal members were given a private tour of the U.S.S. Stennis, stationed in Bremerton, after they gave its naval staff a presentation about the Squaxin Island Tribe in honor of National Native American Heritage month.

The Silverdale Lodge of Free Masons contacted Russel Cooper and invited him to do the presentation.

Steve Sigo, Jr., Arnold Cooper, and Russel, with sons, Cody, Russel and James, responded to the invitation.

"Its pretty cool to make connections like this and build bridges with service members from all walks of life," Russel said.





COMMUNITY DEVELOPMENT



Household Hazardous Waste

Household hazardous waste: What is it? Can I throw it in the garbage? What do I do with it? Read on for the answers.

Household hazardous waste (HHW) is waste that threatens human health or the environment. Examples include electronics, pesticides, paints, cleaners, oils, glues, inks, aerosols, fluorescent bulbs, and most batteries. Identify these products by looking for labels that say, "POISON," "DANGER," "WARNING," or "CAUTION."

Avoid throwing HHW in the garbage. It can create a safety hazard for garbage workers or contaminate the environment. Take electronics to a designated e-waste collection site and all other hazardous wastes to your county's HHW collection site. Note that you can throw alkaline batteries—such as AA or AAA-type batteries—in the garbage.

When transporting your hazardous waste, keep products away from children or pets. Always keep products in their original containers and never mix different products together. Close containers and secure them to prevent shifting and spilling. If you have a leaking product, place it into another tub and add clay-based cat litter. Prevent fluorescent bulbs from breaking by wrapping them in newspaper.

In Mason County: Take electronics to Wilson Recycling (2278 E Brockdale Rd, Shelton) or Goodwill (301 E Wallace Kneeland Blvd, Shelton). Take all other household hazardous waste to the Mason County HHW collection facility (open Fri and Sat 10am – 3pm at 501 W. Eells Hill Road, Shelton). Visit www.co.mason.wa.us/utilities_waste/solid_waste for more information.

In Thurston County: Take electronics to any Goodwill Store. You can also take electronics to Midway Recovery, Inc. (638 Durrell Road SE, Olympia) or Lacey Value Village (604 Sleater-Kinney Rd, SE). Take all other household hazardous waste to the HazoHouse (open Fri, Sat, Sun, Mon, Tues 8am – 5pm at 2418 Hogum Bay Road NE, Lacey). Visit www.co.thurston.wa.us/solidwaste for more information.

Questions or comments can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager, 432-3907 or skaas@squaxin.us.



Receive up to \$6,044*
If you worked at all in 2013 and earned between \$1-\$51,567 you may be eligible to receive the Earned Income Tax Credit (EITC).
*Eligibility based on filing status.



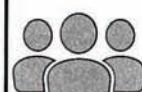
FREE filing assistance
Get your tax return prepared and e-filed for FREE. To find a location near you:

CALL 2-1-1

or, search "free tax return preparation" at www.irs.gov.

Filing on your own?

Visit www.irs.gov and search "free file."



Get even more cash back

Have children? Ask about the Child Tax Credit. You may be eligible for up to \$1,000 back per child under the age of 17.

Extra Money.
IMAGINE how that could help.

Squaxin Island Free Tax Preparation Site
(Basic returns)
Administration Bldg.
February 4 - April 15
4:30 p.m. - 7:30 p.m.

By appointment only
Contact Lisa Peters to schedule an appointment 432-3871

What should I bring with me?

MUST BRING
Identification
 Photo ID
 Birthdates for all family members
 Social Security Number (SSN) card or Individual Tax Identification Number card or letter for all family members

BRING IF APPLICABLE
Income and public benefit statement
 Income statements or W-2s for each job (If self-employed or you own or run a business, bring records of all your income and expenses)
 All 1099 forms received

Year-end Income from Social Security, Social Security Insurance (SSI), veterans' benefits, workers' compensation, and other statements, such as pensions, stocks, interest and any other documents showing taxes withheld

Tuition and interest statements for student loans
 Mortgage interest
 Real estate taxes

Childcare Expenses
 Name and address of who you paid and either the caretaker's SSN or other tax identification number

Additional Documents
 A copy of last year's tax return (if you have it)
 Direct deposit information: check or bank routing number and account number
 Charitable donation receipts

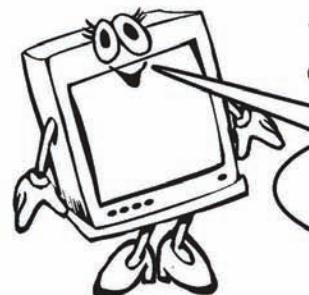
If married and filing a joint return, both spouses will need to sign forms.

Claim your tax refund. You earned it!



Department of Commerce
Innovation is in our nature.

Don't Trash That!



There are some types of waste that should never be put in the trash can. These wastes may be dangerous, or they may require a special type of disposal. They should be kept out of the landfill.

Household Electronics and Chemicals

DANGER
Contain harmful chemicals that can cause fires or explosions in the garbage truck or pollute the environment if they leak or spill.



Electronics

Chemicals

SAFETY
Deliver chemicals to local household hazardous waste Site. Deliver electronics to local e-waste collection site.

Below is a list of items you should not throw in the trash. Put a "C" in front of items known as household chemicals. Put an "E" in front of items known as household electronics.

C Antifreeze	N Nail polish & polish remover
E Bug spray	P Paint
C Camcorder	P Pesticides
C Cell phones	P Plant fertilizers
C Chlorine bleach	P Printers
C Computers	R Radios
C DVD players	S Shoe polish
C Fax machines	S Stereos
C Fluorescent bulbs	S Swimming pool chemicals
C Game Boy player	T Telephones
C Household batteries	T Tub & tile cleaner
C iPod	T Turpentine
C Microwave ovens	T TV's
C Model glue	V VCR's

Recycle Guys were developed by South Carolina Department of Health and Environmental Control.



Early Learning News: Your child's best teacher

Sally Brownfield

Who is your child's best teacher? Look in the mirror. That's right, it is you! No one knows your child like you do. No one spends as much time with your child as you.

But you are not in this alone. There are many resources to support you, both in parenting your child and getting your child ready for school.

The physical, social and emotional needs of a child can be overwhelming at times and parents often have questions like: Is this normal? When should my child learn to walk, talk, skip, read... How do I help my child learn to share, be responsible for his/her own things, be safe, be excited about learning...

If you have a 4 year-old, or one who has recently turned 5, you are probably anticipating her/his beginning school in the fall. Do you know if they are ready? Do you know what the kindergarten teacher will expect your child to know when entering school? Do you know where to go to find out?

Here are a few guidelines to ease your mind and help you know what is expected of your child when entering kindergarten in the fall and to help you prepare for a great start:

Can your child say:

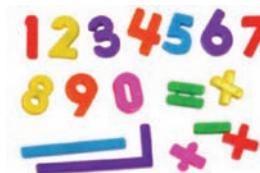
- I know how to use the rest room by myself.
- I know my full name, my phone number and address, and my parents' names.
- I know how to share with other children and wait my turn.
- I can sit and listen to a story (15 min).
- When I am upset, I know my feelings are OK and I know ways to calm myself down.
- I can follow simple directions (Please take off your coat, hang it up and wash your hands).
- I know how to take care of my body: I can brush my teeth, wash my hands and cover my mouth when I cough or sneeze.
- I know how to find a safe adult if I need help.
- I have plenty of chances each day to run, jump, dance and throw balls.
- I have plenty of chances each day to use my hands to do things like button my shirt, tie a knot and use crayons or scissors.



These are just a few of the Washington State Guidelines for Kindergarten Readiness:

Math

- Count to 20 and beyond accurately
- Count out 10 objects.
- Match and sort simple shapes (circles, squares, triangles).
- Compare size.
- Describe objects using size words. (big, small, tall, short).
- Work puzzles with up to 10 pieces.



Reading

- Talk in sentences of five or six words.
- Tell a short make-believe story, with adult help.
- Sing a song or say a poem from memory.
- Tell you what is going to happen next in a story. (Make up an ending).
- Know most of the letters of the alphabet and their sounds.



Science

- Talk about changes in the weather using common words like rainy and windy.
- Look at where the sun is in the morning, afternoon, evening and night.
- Take walks outside and gather different types of leaves, colors seen outdoors.



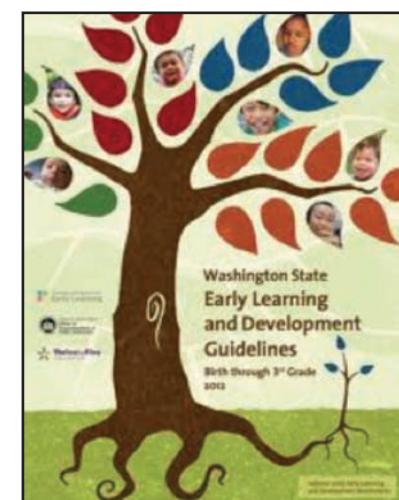
Writing

- Make marks, scribbles or letter-like shapes and identify them as words
- Use pretend writing activities during play.
- Use letter-like symbols to make lists, letters and stories or to label pictures.

These are just a few of the guidelines. You can find the complete publication on line at <http://www.del.wa.gov/development/guidelines/> along with suggested fun activities to support your child's learning.

No two children develop in exactly the same way. If you have concerns that your child is not developing similar to other children of his/her age group, please talk to your health care provider. You may also seek further information from your local school district or through the family Health Hotline at 1-800-322-2588. This hotline can tell you about free developmental screening.

Kindergarten can be a new and exciting part of you and your child's life. If you have question, or need more resources, call me at 432-3858.



READY! for Kindergarten

FAMILY SERVICES



Mission Statement

To strengthen families through services promoting family safety, wellness and self-sufficiency with respect for tribal culture and tradition.



Top L-R: Morningstar Green, Terri Capoeman, Gloria Hill, Rose Boggs, Elizabeth Heredia, Jill Krise, Adirian Emery, Evan Welkin

Middle L-R: Bev Hawks, Lea Krise, Deanna Warren, Vicky Engel, Rose Tageant, Janita Raham, Kurt Poste

Bottom L-R: Tiffany Sizemore, Wicket McFarlane, Vicki Kruger, Lorraine Van Brunt, June Krise, Shannon Bruff, Jay Hall

Not Pictured: Jolene Peters, Markie Smith, Morgan Scherr, Holly Henry

All About Family Services

Our department is here to serve the community. We sponsor drug and alcohol free community events, such as the upcoming dance in February (details to follow). Each year we hold an appreciation dinner for our foster parents. We also help distribute Holiday gift cards and presents to children. Following is a brief description of programs available to families, along with contact information. All programs have eligibility criteria, so please call for more information.

HEALTHY FAMILIES PROJECT

The Healthy Families Project provides information, support and encouragement for families to nurture their children's healthy growth and development during the early years of life.

Rose Tageant

Healthy Families Parent Educator/
Home Visitor
360-432-3971

Lorraine Van Brunt, Director

360-432-3914

Jolene Peters, Administrative Assistant

360-432-3995

CHILDCARE & EMERGENCY SERVICES

The Childcare Program assists with child care payments. Income verification and eligibility requirements apply. Bev also serves as a community advocate, assisting with energy assistance and emergency food vouchers.

Bev Hawks

Childcare Program Coordinator/
Community Advocate
360-432-3931

INDIAN CHILD WELFARE

The primary role of ICW is to provide services to families in crisis and provide information through parenting classes and independent living skills classes.

Deanna Warren, ICW Social Worker

360-432-3994

Adirian Emery, ICW Social Worker
360-432-3885

Morningstar Green, ICW Case Aide
360-432-3886

Terri Capoeman, TANF/ICW Family Support Specialist
360-432-3987

DOMESTIC VIOLENCE PREVENTION PROGRAM

The Domestic Violence Prevention Program assists with referrals, assessments and emergency housing for victims of domestic violence. Clients may qualify for emergency food or gas vouchers, assistance with housing, and referrals to counseling. Everyone is welcome to a Women's Support Group every Monday at 5:00 p.m. in the Family Services Building.

ALL CALLS & MEETINGS ARE CONFIDENTIAL.

Gloria Hill

Domestic Violence Program Coordinator/Advocate
360-432-3927

TANF

There are 2 main areas which TANF provides assistance. The first is for low income families which include: 1 parent families, 2 parent families and those who are third trimester pregnant or high-risk pregnancy. The life-time limit is 60 months. The other group to receive TANF assistance are those caring for children, such as grandparents, aunts or uncles; these families must provide written documentation that the child is placed in the home. These families are eligible for services from birth through graduation, with the child receiving a high school diploma/GED or turning age 19, whichever comes first. All services

ELDERS PROGRAM

The goal of the Elders Program is to help Elders stay social, happy, and active and to age in place. The Elders Program is working to design one-stop-shop for activities and services. We serve 4 meals weekly, deliver between 10-12 lunches three times a week, transport Elders to appointments, and connect Elders with services on and off the reservation. For news about upcoming events and activities, contact Janita Raham.

Janita Raham

Elders Site Manager/Prevention & Wellness Advocate
360-432-3972

Markie Smith, Office Assistant
360-432-3972

Elizabeth Heredia
Elders Service and Activities Coordinator
360-432-3868

Kurt Poste, Elders Program Assistant/Caregiver Specialist
360-432-3868



Do you need work? Voc Rehab is here to help!

provided to our families must fall within the 4 purposes of TANF:

- Assisting needy families so that children can be cared for in their own homes
- Reducing the dependency of needy parents by promoting job preparation, work and marriage
- Preventing out-of-wedlock pregnancies
- Encouraging the formation and maintenance of two-parent families

The TANF Program sponsors the very popular Wednesday afternoon gathering “Building Strong Families Through Culture” starting at 3:00 p.m. in the Community Kitchen.

Vicky Engel, TANF Site Manager

360-432-3913

Rose Boggs, Case Manager

360-432-3950

Jill Krise, Case Manager

360-432-3896

Lea Krise, Case Manager Trainee

360-432-3965

Susan (Wicket) McFarlane, Case Aide

360-432-3934

Tiffany Sizemore, Intake Specialist

360-432-3959

Vicki Kruger, Lead Employment & Training Specialist

360-432-3921

Shannon Bruff, Employment & Training Specialist

360-432-3961

Jay Hall, Transportation Specialist & Activities Assistant

360-432-3964

VOCATIONAL REHABILITATION

Vocational Rehabilitation helps tribal members with disabilities prepare for work and provide employment support to those who are eligible. The 5 steps of obtaining VR services are:

- Determine eligibility
- Document your disability
- Vocational assessment
- Develop a plan for employment
- Decide on services that will help you reach your goal

June Krise

VR Counselor

360-432-3821

Evan Welkin

VR Assistant

360-432-3867

Hi, I'm Evan Welkin, June Krise's new assistant in the Vocational Rehabilitation program here at Squaxin. Vocational Rehabilitation (VR) is a program that helps Tribal members with barriers to employment get work.

The program calls these barriers “disabilities,” but you can think about them as “different abilities” or “challenges” you might face getting the job you've always wanted or even the career that supports your family.

The definitions of these “different abilities” are broader than you think, and so if you can get past the negative implication of the word “disability” you might find an opportunity.

Many people may not know that they or their family members who struggle to find work can get support, and that's where June and I can help.

As one tribal member who's used VR put it: “The program helped me regain self-confidence I was lacking. I'd like to see it expand”

To begin, you are welcome to sit down with us and learn a little more about what services we can offer. Especially if you struggled in school, looked for work unsuccessfully, or found it difficult to support yourself, you might be eligible for VR.

Here are the steps in the process we can walk you through:

1. Determine eligibility.

This means figuring out what might be standing in the way between you and getting a good job. This could be having a hard time taking tests, or having diabetes, or past problems with drinking, for example. Don't worry if you don't know exactly what your challenges might be; we can talk it out with you in a confidential and professional way.

2. Document your disability.

If we figure out there's definitely something holding you back from employment, we may need to complete some tests or get some documentation describing what exactly that obstacle is. For example, if you were injured in a car accident and lost some mobility, we might set you up to get an exam that gives official proof of this limitation.

3. Assess the skills you have so VR can help you match your interests and strengths.

Once we've gone through the first two steps, we can talk about what you'd like to do, and maybe what skills and experience you already have. For example, maybe you have some skills in housekeeping because that's a job you could get, but you know from babysitting your family members that really you're interested and talented in working with kids.



4. You and your counselor will jointly develop an Individual Plan for Employment (IPE).

This is when we plan out what you want to do and how you're going to get there. For example, this could mean that in order to get a job you're going to need a bit more technical training, plus getting some equipment to help you get control of your diabetes. We will come up with a plan with you if you commit to sticking with it.

5. Determine how VR services will help you achieve your goals.

As you make your plan for getting a job, we'll talk with you about how we will support you and track your progress. We can set you up with a “job shadow” when you're ready to see what a certain job looks like, we can help you prepare a resume, we can even help you with some of the expenses associated with getting and keeping work. If you work with us and follow all the steps, we might be able to get you paid work experience up to 90 days with a job on or off the reservation.

Tribal members of working age can receive VR services based on their eligibility, so come see us upstairs in the Tribal Center and bring your ID.

You can call us at:

June (360) 490-1014

or

Evan (360) 470-3527




LEARNING CENTER

Learning Center Updates

Gordon James, Jerilynn Vail and Jamie Burris

Wide Variety of Educational Support for All Ages:

TU HA' BUTS LEARNING ACADEMY (TLA)

For those under 21 who are not in school but would prefer to work toward a high school diploma, the TLA program can accommodate this through a partnership with the East Valley School District in Spokane. Students in this program can work online, independently at home, or in the TLC classroom with a certified teacher. If you or someone you know is interested in getting back into school, we have space available.

IN-SCHOOL TUTORING

The program provides tutors at Shelton High School, Oakland Bay Junior High, Olympic Middle School, and Bordeaux Elementary. Let us know if your child could benefit from some "tutor time" and we will follow up at school.

SYLVAN

Sylvan provides assessment and tutoring for either reading or math. All our spots are currently filled but

we are accepting applications for a waiting list. If you would like your child to enroll in Sylvan, we have enrollment forms at the TLC building.

HIGHER EDUCATION

ou can already begin submitting FAFSA applications for the 2014-2015 school year. Federal financial aid is often first come-first served so it is important to get this submitted ASAP. If you have any questions about higher education funding from the Tribe, call Mandy at the TLC at (360) 432-3882.

JOB TRAINING AND PLACEMENT

Does your job require you to improve your skills? The Education Department has funds available for those taking a vocational or job-related training class or short course to earn certificates or to enhance their job skills.

Youth Activity Program

Thanks to all the staff that did an outstanding job at our annual Winter Youth Basketball Tournament. Tara James, Jessica Cruz, Winter White, Taylor Owens, and Jaimie Cruz all helped to make this another successful tournament. The visiting teams enjoyed themselves and are looking forward to returning next year.

Also for February:

We have had a large number of youth attending our basketball practices with Coach Jeremy. The youth's hard work and dedication is shining through as they continue to increase their skills. Check our monthly calendar for the schedule of basketball games and practices or come by the gym to pick up your copy.

TLC Hours:		Front Desk: 432-3958			
Youth Gym/Recreation Hours:		Rec Room: 432-3275 (only 3:00 - 6:00 p.m.)			
All activities are drug, alcohol and tobacco free.					
Monday	Tuesday	Wednesday	Thursday	Friday	
3 Rec Rm: 3:00-6:00pm Game Day: 5-5:45pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm Open Swim: 3-6pm	4 Rec Rm: 3:00-6:00pm Culture Activity: 5-5:45pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	5 <i>GSD-ER @ 2:30PM</i> Rec Rm: 2:30-6:00pm Crafty Kitchen: 5-5:45pm Gym: I.T.B. Game - Home Game Times @ 6pm & 7pm Open Swim: 3-6pm	6 Rec Rm: 3:00-6:00pm Arts-n-Craft: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	7 <i>SSD-ER 1.5 HRS</i> Rec Rm: 1:30-6pm Fun Day Friday: 5-6pm Gym : 1:30-3:30pm Bball: Jr & High 3:30-4:45 Open Swim: 5-8pm	
10 Rec Rm: 3:00-6:00pm Game Day: 5-5:45pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm Open Swim: 3-6pm	11 Rec Rm: 3:00-6:00pm Culture Activity: 5-5:45pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	12 <i>GSD-ER @ 2:30PM</i> Rec Rm: 2:30-6:00pm Crafty Kitchen: 5-5:45pm Gym: I.T.B. Game - Away Puyallup Games @ 6 & 7pm Open Swim: 3-6pm	13 Rec Rm: 3:00-6:00pm Arts-n-Craft: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	14 Rec Rm: 3:00-6:00pm Fun Day Friday: 5-6pm Gym : 3-3:30pm Bball: Jr & High 3:30-4:45 Open Swim: 5-8pm	
17 NO SCHOOL Rec Rm: 10am - 4pm Game Day: 10-11:30 Gym: 10-4pm Pool Party: 2-4pm Open Swim: 3-6pm	18 NO SCHOOL Rec Rm: 10am - 4pm Culture Activity: 1:00-2:00 Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	19 <i>GSD-ER @ 2:30PM</i> Rec Rm: 2:30-6:00pm Crafty Kitchen: 5-5:45pm Gym: I.T.B. Game - Away Muckleshoot Games @ 6 & 7 Open Swim: 3-6pm	20 Rec Rm: 3:00-6:00pm Arts-n-Craft: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	21 <i>SSD-ER 1.5 HRS</i> Rec Rm: 1:30-6pm Fun Day Friday: 5-6pm Gym : 1:30-3:30pm Bball: Jr & High 3:30-4:45 Open Swim: 5-8pm	
24 Rec Rm: 3:00-6:00pm Game Day: 5-5:45pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm Open Swim: 3-6pm	25 Rec Rm: 3:00-6:00pm Culture Activity: 5-5:45pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	26 <i>GSD-ER @ 2:30PM</i> Rec Rm: 2:30-6:00pm Crafty Kitchen: 5-5:45pm Gym: I.T.B. Game - Home Game Times @ 6 & 7pm Open Swim: 3-6pm	27 Rec Rm: 3:00-6:00pm Arts-n-Craft: 5-6pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	28 Rec Rm: 3:00-6:00pm Movie Day: 5-6:30pm Gym : 3-3:30pm Bball: Jr & High 3:30-4:45 Open Swim: 5-8pm	
TLA: M-F 12-4pm After School Snacks: M-F 4-4:45pm Computer Lab: M-Th 3-6, F 3-5pm Sylvan: M-Th 4:30-7:30pm Homework Help, GED Prep: T-TH 4-7pm		Key ER = Early Release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy		Key for Basketball I.T.B. = Inter-Tribal B-ball High School = Grades 9-12 Jr. High = Grades 6-8 Elementary = Grades 3-5	

LEARNING CENTER



On February 14 we are having a Valentine's Day Party for the kids. We will be decorating cookies from 5:00 - 6:00 p.m.

Starting February 14 we have four teams in the "Who Let the Dogs Out" basketball tournament at Skokomish. It is a double elimination tournament. We will continue to put updates on our Tu Ha' Buts Learning Center Facebook Page.

There are two "No-School" days. On February 17 we will be open from 10:00 a.m. to 4:00 p.m. with a pool party from 2:00 - 4:00 p.m. On February 18 we will also be open from 10:00 a.m. to 4:00 p.m. Shashoney Fenton will be here to do a special activity as part of her senior project from 11:00 a.m. - 12:00 p.m.

Teen Program

The teen program is for community youth ages 12-17. Check out this month's teen calendar for the lat-

est info on what we're doing. We're always looking for more teens to participate and fresh ideas on activities to plan so stop by and join in!

As an example, this month we're wrapping up a five-week snowboarding/mentoring activity with the SOS Program at Snoqualmie. Teens, you're invited to help us come up with great new ideas for what might be next.

Homework Support and GED Preparation Classes

With the first semester of school coming to an end, finals are just around the corner. Don't forget to make sure you have all of your missing or incomplete work turned in by the end of the semester! You can get help to get these assignments done so you might be able to get some credit for them and improve your grades. You can also get help to study for your finals!

The new GED test has now rolled out. This test is said to be more difficult than the previous test. Come in to start practicing the harder skills incorporated in the new GED test. Homework Support and GED Preparation Classes are both available on Tuesdays, Wednesdays, and Thursdays from 4:00 – 7:00 p.m. in the classroom in the Education Building.

For information on either Homework Support or GED Preparation Classes, call the TLC at 432-3958, or contact the teacher, Jamie Burris, at (360) 292-3301 or by email at jburris@mccleary.wednet.edu.

Facebook

Find the latest schedule changes, information on upcoming activities, and general information about TLC services at our Events page at www.facebook.com/Tu-Habuts.

February 2013				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	4 Basketball Practice 3:30-4:45	5 Basketball Game VS Nisqually Craft Class 4pm @ Museum Drum group 5pm @ Museum	6 Basketball Practice 3:30-4:45 Teen Center Closed	7 Early Release Cooking Day
10 Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	11 Basketball Practice 3:30-4:45	12 Basketball Game @ Puyallup Craft Class 4pm @ Museum Drum group 5pm @ Museum	13 Basketball Practice 3:30-4:45 Teen Center Closed	14 Basketball tournament @ Skokomish
17 No School Teen Center opens @ 12 Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	18 No School Teen Center opens @ 12 Basketball Practice 3:30-4:45	19 Basketball Games @ Muckleshoot Craft Class 4pm @ Museum Drum group 5pm @ Museum	20 Basketball Practice 3:30-4:45	21 Early Release College Visit TBD
24 Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	25 Basketball Practice 3:30-4:45	26 Basketball Game - BYE Craft Class 4pm @ Museum Drum group 5pm @ Museum	27 Basketball Practice 3:30-4:45	28



20th Annual Gathering

Hosted by the Squaxin Island Tribe



WEAVING A LEGACY OF TRADITIONS

October 3-4, 2014

Little Creek Casino Resort
www.nnaba.org

The Squaxin Island Tribe is recruiting ten Master Weavers to teach the Adult Track and five Master Weavers to teach the Youth Track. If interested in teaching, please provide a sample of your woven end product, sample kit, price of kit, short biography, phone number and a photo of yourself to Kathy Block at the Tribal Administration Building by **February 28, 2014** at 4:00 p.m. If you have any questions, please call Kathy at 360-426-9781.



New Employees



Holly Henry

Hello, my name is Holly Henry. I'm the sister of Geri Bell and the granddaughter of Theresa Nason.

I've been hired as Kitchen Assistant in the Elders Kitchen.

I've worked with the Family Services Department for six months in training. It was fun learning a lot in the kitchen. I'm excited about getting to know all the Elders.

I enjoy working with an awesome cook and learning from her. It helped having such a large pool of knowledge in the kitchen.

The Elders are very polite and welcoming.

I'm looking forward to be working with Family Services.



Debi McNutt

Hi, my name is Debi McNutt. I am honored to have been recently hired as a Planner working on community development, particularly in housing and transportation.

I am a graduate of the Master of Public Administration - Tribal Concentration program at The Evergreen State College where my research centered on tribal responses to climate change and water rights and collaboration between tribal and local governments.

I am originally from Wisconsin, and moved to Olympia in 2005 with my husband, Zoltan,

In Wisconsin, I helped to educate non-Native communities to support Ojibwe treaty rights and build alliances between Native and non-Native communities to protect the fish and water from contamination.

I am excited to begin working with the Planning Department and apply my education and experience to strengthen the future of the Squaxin Island Tribe.

I look forward to learning from my colleagues on how to best serve tribal members.

Seventh Annual Squaxin Island Drug and Alcohol Awareness Dinner

Close to 400 people attended the Seventh Annual Drug and Alcohol Awareness Dinner held at Little Creek Casino Resort Event Center on January 26th!

Nicole Cooper says, "I just want to thank everyone for all their support and help to my sister-in-law, Christine Semanko, and my beautiful niece, Shila Mae (BlueBack). I'm so very grateful to have Christine in my recovery. She's a very important person in my life today."

Shila says, "Thank you to my Grandpa Arnold and Auntie Nicole for attending the dinner and for giving it a shot and supporting it. I love you guys very much. I'm grateful for everyone who supports the dinner."

Event Organizer Christine Semanko said, "I just want to thank everybody for their support and efforts that contribute to the amazing success of this event. If anyone is interested in having information available at next year's event or have an idea or suggestion, want to sponsor and/or participate in any capacity, feel free to contact me at 360-402-7297 or cree2sober@aol.com."



Agenda

- Opening: Ray Krise and blessing by Mike and Rose Davis
- Drum Group
- Shelton High School SADD Club - Students Against Destructive Decisions
- Donna Bloomfield - Mason County Reentry Coalition, a transition offender program
- Candle light vigil
- Monte Stiles - Monte Stiles is a highly sought-after motivational speaker who has inspired countless audiences in the United States and abroad through his multi-media presentations. Through real life experiences and award-winning photography, Monte's presentations provide a vivid contrast between the dark world of addiction and a life filled with a sense of wonder and awe for the world around us.
- Dinner and open microphone
- Children's activities hosted by Christian Motorcycle Association, located in lobby
- Door prize raffles throughout the afternoon

This year's event was sponsored by The Squaxin Island Tribes 1% Fund, Little Creek Casino Resort, Squaxin Island Family Service Department Prevention and Wellness & Vocational Rehabilitation programs, Tu Ha' Buts Learning Center, the Christian Motorcycle Association, Color Graphics, Deer Creek Awards, First Things First Counseling, Healthy Risk Counseling Services, Stymacks Tree Service and the Semanko-BlueBack family.

Above: Organizer Christine Semanko with Kimi James Arnold Cooper with daughter, Nicole Cooper



SAVE THE DATE
11th Annual
Weavers Teaching Weaver's Gathering



April 3-4, 2014

9:00am-4:00pm
Northwest Indian College
2522 Kwina Rd, Bellingham, WA

The purpose of this event is to allow experienced Native American Weavers to learn from one another and to share their techniques. Project kit fees and hotel room accommodations will be announced at a later date. Pre-register before March 21 @ \$125/person or \$150 @ the door.

Call 360-392-4239 , e-mail: rsolomon@nwic.edu or www.nwic.edu



Our Funder:



Walking On

Squaxin Island Tribe suffered the loss of three community members in January: First Joe Kuntz (spouse of tribal member Liz Kuntz), then Stanley Black (member of the Bagley family), then Donna Akridge (TGA employee). Full obituaries will be in next month's Klah-Che-Min after the families have some time to recover.

VA-VA- VA VOOM
Valentines Day Make over!

- Thursday, February 13th
- Time 4:00-6:00 P.M.
- Place: MLRC

BEAUTIFY YOURSELF FOR
VALENTINES DAY WITH FOOT
SOAKS, PAINT YOUR FINGERNAILS
WITH A NEW STYLE, AND GET
YOUR HAIR CURLED
COME ON IN & HAVE FUN!



Come and Enjoy!

Sponsored by:
Squaxin Island Tourism
&
Squaxin Island Museum,
Library & Research Center



Rick Peters Donates Elk Mount in Honor of Bob Johnson

Rick Peters donated a five point elk mount to the Squaxin Island Elders in honor of Bob Johnson on January 28th.

The elk will be displayed in the Elders Center.

"We loved to tease him and call him 'Hat Rack,' Rick chuckled. "He was always letting hunters stay over night at his home in Packwood, and I just feel that was so generous and should be remembered."

Robert "Bob" Johnson is pictured on the right. Below are Rick Peters and Bob's daughter Traci Coffey





FACTORY OUTLET STORE

FEBRUARY "SPECIAL"



ALL

COMPLETE 100's

\$15.00 DISCOUNT

Per Carton

Located at the factory
Hours: M - F 9 AM - 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD
(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)

NOT INCLUDED IN MONTHLY SPECIALS



White Pass Winter Carnival March 1 & 2

WHITE PASS:

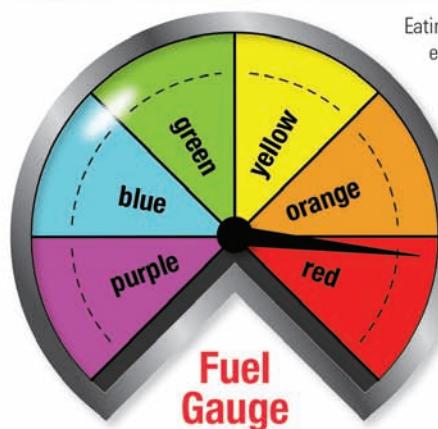
This 28th annual, family oriented event features a huge snow castle, professional snow sculptors from around the US and Canada, live music, fireworks, torchlight parade, kids' carnival, and snow sports competitions for kids and adults.

PHONE: 509-672-3101

Website: www.skiwhitepass.com

**Fuel up with
fruits and veggies
And soar through
your day like a
rocket ship!**

GET READY FOR LIFTOFF



Eating fruits and vegetables of every color in the rainbow can help give you the different vitamins and minerals you need to soar through your day.

Write the name of a fruit or veggie on the dotted lines in the fuel gauge that matches each color.



JOKES:

SuperKids love to laugh. Try these jokes with your friends.

Q: Why aren't bananas ever lonely?
A: Because they come in bunches.

Q: What fruit always travels in groups of two?
A: Pears

HA HA HA HA HA! **ROFL!**
LOL!

Q: What did the apple skin say to the apple?
A: I've got you covered.

Q: What does corn say when it's picked?
A: Ouch! My ears.

Facts about the Affordable Health Care Act

More people than ever before are now eligible for low-cost or free health care coverage. Middle-income and low-income individuals and families generally qualify. As a result of the Affordable Care Act, health care coverage will be available to more people. Young men and women without children are getting much needed medical coverage.

Please do not misunderstand the Federal Mandate; while Native Americans don't have to purchase insurance, you STILL have to sign up for the Affordable Care Act before March 31st 2014.

This health care coverage will not only benefit you as the coverage is better, but it will also help you save Contract Health Services (CHS) dollars. As CHS rules state, the health care coverage you could obtain would be an alternate resource and must be applied for. If you do not apply, it could affect your CHS eligibility.

If you have Medicare, coverage through an employer or a personal policy you are already covered and this mandate does not apply to you.

There are multiple ways to apply for this coverage. If you are comfortable with working online, you can apply at www.wahealthplanfinder.org or call 1-855-923-4634. You can also contact Cheryl Mahlberg at 360-432-3922, Jaclyn Meyer at 360-427-9006 and Rosie Martin at 360-432-3881 at the clinic and they will be able to help you with your application or with any questions you may have.

Cancer Support Groups

Comprehensive Cancer Control Program
South Puget Intertribal Planning Agency



Date: February 20th, 2014

Time: 5:00pm

Where: Squaxin Island
Tribe - [Community Kitchen](#)

Support groups will be held at all SPIPA tribes.
Contact Sarah (360)462-3241 for more information.

HEALTH CLINIC



Clinic Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Smart Shopping/ Food Label Workshops

Contact Patty to schedule

Health Promotions Programs

We have exercise videos
in the building across from clinic
Work out alone, with us
or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight,
we can provide support.
If you are Native American and over 18,
see if you qualify to participate.

Next Mammogram Clinic

February 4th
Call Traci Lopeman at 432-3930

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

FREE BLOOD PRESSURE SCREENING 2014

The First Thursday of each month



Blood Pressure checked by your
friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm.
Everyone is welcome!

You're
Invited



Dr. Carl Ott, MD will discuss

What can you do to take care of your heart?

Bring your questions.

Everyone is welcome- those with Diabetes or not.

Thursday, February 27th, 2014

at the Elder's Building 1 to 2 pm

Questions? Patty Suskin, Diabetes Coordinator at
(360)432-3929



WIC
(Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5.

Please bring:
Your child, Provider One Card or paystub and Identification for you & your child

Call Debbie Gardipee-Reyes at SPIPA 360 462-3227 or main SPIPA 360 426-3990

Keeping Native Women Healthy

The following article "Keeping Native Women Healthy" is from a brochure for the Native Women's Wellness Program (NWWP) which provides free breast and cervical cancer screening to eligible low-income women.

Call Traci at 360 432-3930 for more information.

Keeping Native Women Healthy



Remember your annual women's exam!

One Spirit & Two Spirit
women and girls,
screening does save lives.
Protect your health.

Our
Funders &
Partners

CDC

SUSAN G
KOMEN
FOR THE CURE

Pride
FOUNDATION

Wellness Care:

Regular mammograms, cervical and colon tests are the best way to detect changes early. Catching these changes early gives the best chance of successful treatment.

Healthy lifestyle includes:

- Regular mammograms, Pap tests, colon tests & other health screenings
- Traditional medicine
- Spiritual support
- A balanced diet including fresh fruits & vegetables & whole grains
- Regular exercise
- Support from loved ones
- A home free of violence
- No commercial tobacco use

Mammograms:

Digital mammograms are an x-ray of the breast. They are a safe way to detect changes in the breast early, before they can be felt.

All women should get a yearly mammogram starting at 40 years old.

Mammograms press the breast between two plates to get a good picture of all the breast tissue. This takes just a couple of minutes. Some women experience the mammogram as uncomfortable, but it should not be painful. The best time to get your mammogram is during the week after your monthly period, if you still get it. This is when your breasts are the least tender.

Pap Tests:

A Pap test is done during an annual women's wellness exam. It uses a small brush or stick to collect cells from the cervix (opening of the uterus/womb). The cells are examined to see if there are abnormal changes.

All women should get a yearly Pap Test starting at 21 years old or within three years of first sexual activity.

During the exam, your health care provider will also feel your pelvis and your breasts to make sure everything feels normal.

Have your Pap test when you are not getting your monthly period.

HPV Vaccine:

Virtually all cervical cancer is caused by the Human Papilloma Virus (HPV). The HPV vaccine can prevent cervical cancer. It is recommended for 11 and 12 year-old girls or women up to age 26 for who have not yet been vaccinated. Talk to your provider.

*A Few Minutes for a Lifetime:
Schedule your Women's Wellness Visit Today!*

Article Submitted by Traci Lopeman, Women's Wellness Outreach Worker



Holiday Stress & Depression Discussed at Diabetes Support

Patty Suskin, Diabetes Coordinator - Alicia Webber, MS, LMHC from Behavioral Health lead discussion on "What Makes the Holiday's Hard?" The group then brainstormed the question, "What can you do about it?" Some suggestions included: Plan ahead; ask for help; know your limits; take care of self; prioritize; choose; make changes in the normal routine.

For more specific assistance in dealing with stress and depression, contact Behavioral Health at 360 426-1582



Depression & Steps to Healthy Living



Make time for activities you enjoy. When you are depressed it is easy to lose motivation to do certain activities. Try to start getting involved in these things again even if you are just "going through the motions" at first.



Eat Healthy - Avoid Junk Food. Eat a variety of fruit and vegetables while maintaining your self-management plan and monitoring your blood sugar. Don't rush, take your time when you eat.



Don't drink alcohol. Limit caffeine to one or two drinks per day, and drink plenty of water (8 cups/day). Alcohol may make you feel better when you drink it but it has a depressant effect in the long run. Caffeine can make the anxiety and sleep problems that go with depression worse.



Exercise with guidance from your health care provider. 20 minutes or more of brisk exercise per day can help to ease anxiety.



Spend time with people who have a positive effect on you.



Do something kind for someone else each day.



Watch your thoughts. Negative thinking can make depression worse and become a bad habit. Replace realistic, positive thoughts for unreasonable, negative ones.



Set simple goals and take small steps. It's easy to feel overwhelmed when you are anxious. Break problems down into small steps and give yourself credit for each step you take.



Developed by Migrant Clinicians Network, 512-327-2017.
Funding provided by Texas Department of State Health Services.

Elaborado por Migrant Clinicians Network, 512-327-2017.
Financiado por el Programa de Diabetes del Departamento Estatal de Servicios de Salud de Texas

What can make the Holidays hard?

Why

Gifts

Loss/grief

Weather

Busy - work

Takes planning

Health - Cold/Flu
loss/infection

Expectation

Family

What can I do?

Finding Enjoyment

Make changes
in the norms

Accepting which means
changing perspective

Ask for help

Planning

Prioritize

Choice

Assertive

Brainstorm

Know your limits

Self-care



Elder Lunch Menu

Mon 3:	Spaghetti	Mon 10:	Meatloaf	Mon 17:	BBQ Ribs	Mon 24:	Baked Potato Bar
Tues 4:	Soup and Sandwich	Tues 11:	Soup/Sandwich	Tues 18:	Soup and Sandwich	Tues 25:	Soup and Sandwich
Wed 5:	Pork Roast	Wed 12:	French Dips	Wed 19:	V-day dinner RSVP	Wed 26:	Beef Fajita's
Thurs 6:	Homemade Pot Pie's	Thurs 13:	Paprika Chicken	Thurs 20:	Pot Roast	Thurs 27:	Pizza

Diabetes Basics

■ What is diabetes?

Diabetes means your blood sugar is too high. Your blood always has some sugar in it. Your body needs sugar for energy to keep you going. But too much sugar in the blood is not good for your health.

■ What is pre-diabetes?

Pre-diabetes means your blood sugar levels are higher than normal but not high enough for diabetes.

- People with pre-diabetes are at higher risk for getting type 2 diabetes and heart disease.
- You can reduce your risk of getting diabetes. You may even be able to have normal blood sugar levels again! This may happen if you lose a small amount of weight by eating healthy and being more physically active.

■ What is type 2 diabetes?

People get type 2 diabetes because the cells in their muscles, liver, and fat do not use insulin properly. Over time, the body also cannot make enough insulin. This leads to high blood sugar. Having high blood sugar for some time can lead to serious problems with your eyes, heart, kidneys and nerves.

Type 2 diabetes is the most common type in American Indian and Alaska Native people. This type of diabetes can happen at any age, even in children.

■ What factors increase my risk for getting pre-diabetes and type 2 diabetes?

- Being physically inactive
- Having a parent, brother or sister with diabetes
- Having had the kind of diabetes which can happen during pregnancy
- Being overweight

■ What are the signs of type 2 diabetes?

- Signs can be severe, very mild or none at all. This depends on how high blood sugars have become. Look for these signs:
 - Increased thirst
 - Increased hunger
 - Fatigue (feeling very tired most of the time)
 - Increased urination
 - Unexplained weight loss
 - Blurred vision
- A blood test to check your blood sugar will show if you have pre-diabetes or diabetes.

■ Can type 2 diabetes be managed?

Yes. Taking care of your diabetes every day will help keep your blood sugar in a healthy range. It will help you prevent health problems that diabetes can cause over the years.

■ Where can I get help with pre-diabetes and diabetes?

- Your health care team (doctor, nurse, diabetes educator, dietitian, psychologist, fitness coach, social worker) can help you.
- Talk with them about diabetes. They can help you make a physical activity and healthy eating plan that will work for you. Many people also need medication to treat diabetes.
- Get help from others. Talk with your family and friends and ask for support.



Produced by IHS Division of Diabetes Treatment and Prevention, 11/2012. To print this and other patient education material, go to www.diabetes.ihs.gov, click **Printable Materials**.

COMMUNITY



Happy Birthday

Winter Perez	01	Benjamin Parker	19
Camden Adams-Lewis	01	Katalina Lewis	19
Harry Johns Jr.	01	Rachel Ford	19
Mistifawn Martinez	03	Robert Whitener, Jr.	19
Donald Briggs	03	Cheryl Sept	20
Isaiah Rees	04	Jordan Sweitzer	21
Kalea Johns	04	Annie Ruddell	21
James Cooper	04	Timothy Linn	21
Larry Bradley, Jr.	04	Steven Peters	21
Lareciana Broussard-James	04	Kristopher Peters	21
Lydia Trinidad	04	Margaret Witcraft	21
Ronald Dailey	04	Kimberly Zachry	22
Dylan Suarez	05	Grace Pughe	22
John Briggs	05	Lydia Parrott	23
Anthony Pinon	05	Marvin Newell, Jr.	23
Shannon Cooper	05	Joshua Melton	23
Stephanie James	06	Barbara Henry	23
Michael Mosier	07	Delwin Johns	24
Ruth Lopeman	07	Zachariah Mirka	25
Sebastian Rivera	07	Jonathon Fry	25
John Tobin	07	Miriam Whitener	25
Justin Lopeman-Dobson	08	Katrina Parker	26
Fawn Tadios	08	Samuel Penn	26
Apisai Moliga Jr.	08	Alex Salgado	27
Barbara Knudsen	08	Cameron Henry	27
Stefanie Kenyon	09	Juana Perry	27
Michael Henderson	09	Leilani Blueback	27
		Katherine Ackerman	28
		Dennis Sigo	29

What's Happening

AA & ALANON Meetings: Every Thursday at 7:30 p.m. Elders Building							1
Basket Class: Every Wednesday at the MLRC							
2	3	4	5	6	7	8	
			Family Court	<i>Council Mtg.</i>			
9	10	11	12	13	14	15	
		Criminal/Civil Court			<i>Happy Valentines Day</i>	<i>Sa' Heb' Wa' Mish Days</i>	
16	17	18	19	20	21	22	
<i>Sa' Heb' Wa' Mish Days</i>				<i>Job Fair</i>			
23	24	25	26	27	28		
		Criminal/Civil Court					

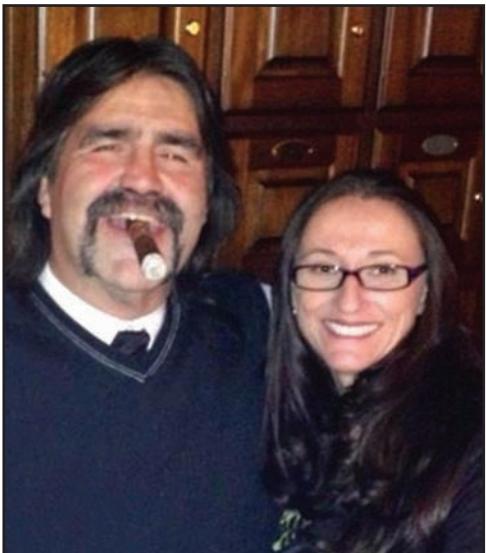
Who Is It?



Wyatt Lopeman-Bragg
Happy Valentines Day!
Love, Your Wife Christina



**Happy Anniversary
BABE!**



**Love,
YOUR ONE & ONLY**



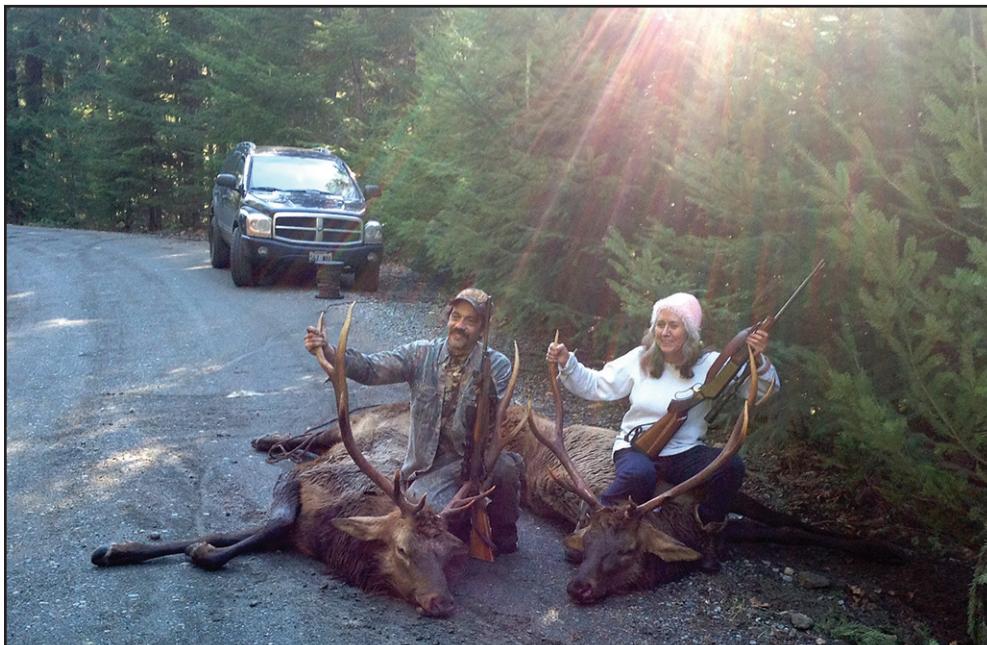
Happy 17th Birthday!



**We're so proud of you,
Jon!**

**Hope your birthday is
as wonderful as you are.
Love you!
Mom, Wyatt, Grandpa,
Grandma
and Aunt Traci**

Happy 23rd Anniversary Tully and Vicki



And Congratulations on two 5-point Elk January 18



**February Classes:
Cedar Weaving, Beading
and Native Picture Frames**

**Building Strong Families
Through Culture**

When: October 8, 2013-September 30, 2014

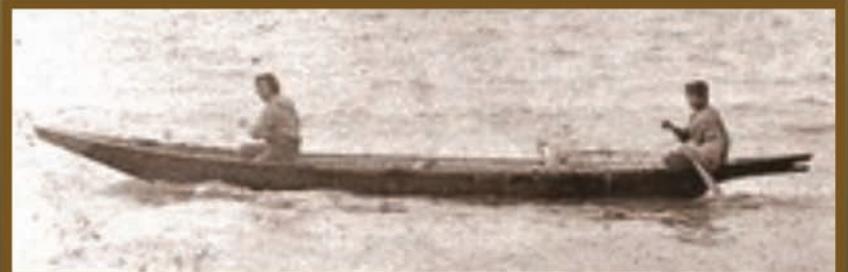
**Where: Community
Kitchen**

When: Wednesdays

Time: 3:00 –5:00 PM

Focus is on the formation and maintenance of two-parent families and prevention of out-of-wedlock pregnancies.

Sponsored by SPIPA-TANF.



THE GATLIN BROTHERS



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7pm

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BINGO

Friday • January 10th • 6:30pm
 Saturday • January 11th • 2:30pm & 6:30pm
 Early Bird Specials at 6:30 sessions
 \$100 Hotseat drawings every hour
 Wear your best New Year's attire and receive a free Level 1 with Buy In
\$79 Special Room Rate for Bingo Participants
 See Keno for more details 1-800-667-7711
 Must show buy-in at time of check-in to receive special room rate
 Customers can call in advance to book rooms
 Must be 21 or older for Bingo Specials

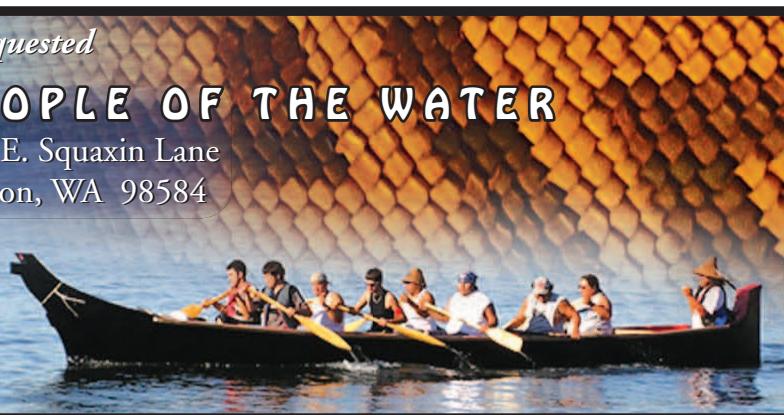
LITTLE CREEK CASINO • RESORT™
www.little-creek.com
 Call 360-427-3049 for more details

Tournament proceeds benefit the
Squaxin Island Museum Library and Research Center



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